

Winter 2024

Primary Health Care

Nipawin, Carrot River, Arborfield, Cumberland House
and surrounding areas residing on Treaty 6 Territory.



It is travel time.. during the winter months, most Canadians travel to tropical places to find relief from the Canadian winters and to refresh and rejuvenate themselves. It is exciting to visit new places and try local cuisines but one has to be careful as food and water is the most frequent cause of infection in travelers. Some tips to avoid food and water related infections/diseases:

- avoid drinking water unless it is boiled or treated - pack safe water for outings
- avoid ice or make sure it is made from purified water (freezing does not kill the organisms that cause diarrhea)
- choose sealed bottled/canned drinks
- wipe the area of a can or bottle that touches your mouth
- use treated/boiled water for brushing teeth and avoid getting untreated water in your mouth when showering
- breastfeed infants if possible - used boiled water and sterile containers for formula
- avoid unpasteurized fruit juices, eggs and dairy products (also cheese and ice cream)
- avoid food from street vendors
- peel your own fruits and vegetables - avoid raw vegetables and salads unless you can safely wash them yourself
- choose well cooked meats and vegetables that are still hot when served (do not eat raw meat, fish or shellfish)
- avoid cold cuts, watermelon, puddings and dishes containing raw or undercooked eggs
- avoid most foods served at room temperature - dry food items are safer
- high sugar content in certain moist foods such as syrups, jellies, jams, honey inhibit the growth of bacteria

Remember: Boil it, cook it, peel it or leave it!

The Saskatchewan Health Authority offers health related travel advice through our Travel Clinic in Tisdale. Through this service, we provide details about almost every city of the world. We can assist travelers by informing which infections/diseases are prevalent in the area they are visiting and how to prevent these conditions by offering relevant vaccines if needed and/or prescriptions for needed medications. If you have international travel planned, please call the Tisdale Travel Clinic at 306-873-3615 at least two weeks before your departure date. Safe travels!

- Dr. Mohammad Khan, Medical Health Officer

March is National Nutrition Month focusing on raising awareness and highlighting the importance of healthy eating. Dietitians are health professionals who are experts in nutrition and assist in providing education in the dietary choices of healthy and sick individuals.

To connect with a dietitian in your community, contact 306-862-9822.





Did you know? *Your local pharmacist is able to prescribe medications for minor ailments that could save patients a visit to the medical clinic or emergency department. Pharmacists are an excellent resource for patients and can prescribe for:*

- cold and canker sores
- nail fungus
- gastric reflux
- emergency contraception
- hay fever / seasonal allergies
- mild acne
- hemorrhoids
- bladder infections (urinary tract infections)
- birth control
- shingles
- athlete's foot, ringworm, groin itch
- eye infection (conjunctivitis)
- influenza (in epidemic or pandemic situations)
- oral thrush

Contact your local pharmacist for more information.

Family Literacy Day is January 27, 2024

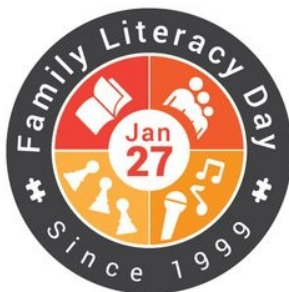
Celebrate 25 years of Family Literacy Day and learning together by having a party!

Make food, sing songs and play games.

The possibilities for learning are endless—and it's fun when families do it together.

For more information visit:

<https://abclifeliteracy.ca/all-programs/family-literacy-day/>



Feeling unwell? Make the right choice for you.

If symptoms worsen or do not go away within days, other care options should be considered.

